

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

APRIL 2010

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Carole Quarrington

TELEPHONE NUMBER
(860) 870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
(860) 870 – 3137

Van Drivers: Peggy Anderson, Mike Joslin
& Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

It is with a heavy heart that I share this sad news; our dear friend, Walter Feldman, has passed away. Walter will be fondly remembered by everyone for his daily, summer, always arriving early to tend our "Garden Thyme" gardens. For all the memories and writings he shared as an intricate part of the Memory and Creative Writers, we will always be thankful.

Our prayers are with his wife, Carolyn, and family. He shall always live on in our hearts, here at the Ellington Senior Center.

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131****TRIAD SENIOR SAFETY NEWS:*****TRIAD SENIOR SAFETY PROGRAM AT SENIOR CENTER***

April 13th at 12:30—Money Matters/Looking at your money gobblers!—Mr. Gary Evans from Co-Opportunity in Hartford will join us for a fun time looking at ways to save \$\$\$ and put money back in your wallet. This is a lunch & learn program—lunch 12:30pm and presentation at 1pm. You must register to attend—call Anna Turner at 860-870-3131 before April 9th to RSVP. Call the Senior Center for a van ride—860-870-3133

April 23rd at 12:00pm – Parkinson’s Support Group – Ellington Senior Center – presents Dr. Demarcaida, a neurologist in Manchester, CT that specializes in Parkinson’s disease. Lunch will be served. Pre-registration for this event is needed by April 19, 2010. Contact Anna Turner at 860-870-3131

April 29th at 12:30—The Scooter Store is coming to Ellington—Mr. Jim Barakos of the Scooter Store will bring a scooter power chair for demonstration & will discuss the qualifications for payment by Medicare. This is a lunch & learn program—lunch at 12:30pm and presentation at 1pm. You must register to attend—call Anna Turner at 860-870-3131 before April 27th to RSVP. Call the Senior Center for a van ride 860-870-3133

Other News:

Appliance Rebates are Back!—The CT Recovery Appliance Rebate Program is now being offered until April 30, 2010 on energy star efficient refrigerators, freezers, clothes washers & room air conditioners. Rebate forms are to be available in the stores or by phoning 1-877-947-3873. You must fill out, sign and submit rebate form within 30 days of purchase.

American Diabetes Association annual health expo—Saturday April 17th from 10am to 3pm at the CT Expo Center in Hartford. Cooking demonstrations, healthy food sampling, exercise tips, fitness demonstrations, free health screenings, and “experts” to talk with about Diabetes. For more details 1-888-Diabetes ext. 3532

SCAM issues....

I recently received an email from Dan Lawrance stating I was entitled to \$1,000,000 in “compensation” from the International Monetary Fund out of London, England. I had to call someone out of the United States and send them money to get my compensation---Needless to say I did not respond. Please be wary of these scams to get your dollars!!

Spring is also scam time for “home improvement”—Do not let door-to door salesmen in your home to talk about new roofs, siding, or chimney cleaning. These scam artists often have an accomplice waiting to check out your home to find ways to enter your property and steal items or your identity. Never give out banking or personal identification information over the phone or to anyone who comes to your door. If you have questions about this issue you can call the Attorney General’s office at 860-515-5270.

Ellington Senior Center
Transportation Department

Just a Reminder – There will be no more shopping at Shaw's Supermarket as of 4/13/10. This is due to the store closing. We will resume a, Monday, trip to Stop & Shop (the store that is replacing Shaw's) when it again reopens.



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

(EMAT) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded, in part, by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMAT appointments are offered Monday – Friday between the hours of 9:00 am – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. *\$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation “packet” by calling the Transportation Line at 860-870 – 3137 between the hours of 9:00 am – 1:00 p.m. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.*** * \$25.00 is suggested as an annual donation for transportation.

ELLINGTON SENIOR CENTER NEWS

- Town of Ellington Human Services Department will be sponsoring a dental program, at an area church, on Thursday, April 15, 2010. Additional information is forthcoming.

ARP DRIVER SAFETY PROGRAM – May 3rd & May 4th, 2010 from (10am – 2pm). Cost is \$12.00 for members (remember to bring your AARP member number with you the day of the program); Non-members cost is \$14.00. The Driver Safety Program will be held at the Ellington Hall Memorial Library. Call the Ellington Senior Center to secure your appointment at (860)870-3133.

BALLROOM & POLKA SOCIAL – Ballroom is taught on Fridays at (1:00pm); Polka follows at (2:30pm). Come join Amelia and Adam!

BETTER AGE CLUB - Held the 2nd and 4th Thursdays of the month at (1pm)

April 8, 2010 Business Meeting. Presenter, Sophia Tompkins

April 22, 2010 Ellington Singers, Spring Musical at Ellington High School

**The President of the Better Age Group, Carolyn Cook, is requesting, at the first Business Meeting of the month, all members to bring in a non perishable item for the Ellington Food Bank*

BOOK CLUB – Book Club is held the first Tuesday of the month at 2:00pm. Next scheduled gathering is Tuesday, April 6th at 2:00pm. Van service is available.

CARDS AND GAMES:

Bridge: Tuesdays @ 9:00am. See Pat Szemplinski or Rosemary Malatesta

Canasta – “King’s Row”: Join Barbara Donohue and friends Thursday’s at 1:00pm.

Dominos: First Tuesday of the month at 1:00pm.; come join the fun!

Evening Cards: (Setback): Tuesdays and Saturdays at 7:00pm. See Bob Karlowicz or Carl Larson

Mahjongg: Every Friday at 10:00am See Barbara Donahue

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30pm. – 3:00pm. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00am – 10:00am. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00a.m. *Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, April 7, 2010.

* **Call Rita directly to schedule your appointment.** She can be reached at (860-742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30am – 11:30am (beginner's class); and 11:30am – 12:30pm (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

ELLINGTON SINGERS – Ellington Singers meet every Wednesday at 10:15am at the Senior Center. Our singers are practicing for their “*Spring Musicale*” to be held on Thursday, April 22, 2010 (1pm) at the Ellington High School Auditorium. Every year brings some added, unusual musical performers and, as always, a beautiful collection of music. You are asked to bring a food donation as an entrance fee. This donation is to benefit the Town of Ellington Food Bank.

**For a listing of upcoming rehearsal dates as well as spring concert dates/agenda, see attached flyer*

MEMORIES & CREATIVE WRITING –Memory & Creative Writing meets monthly every 3rd Thursday of the month at (2pm) at the Ellington Senior Center. The purpose of this group is to share orally or in written form the groups past, present, or ongoing experiences. If you have a love of writing or just want to share your thoughts on paper. Come join us!

MUSICAL INSIGHTS: Musical Insights meets the 2nd and 4th Monday evening of the month. Musical Insights is held from 6:00pm – 8:00pm at the Ellington Senior Center. Our April programs are as follow:

April 12, 2010 – A tribute to singer/songwriter “Pete Seger” presented in vocal and visual form.

April 26, 2010 – A tribute to “Old Jazz” as requested by several of our guests.

MOVIE TIME: Has returned to the Ellington Senior Center the last Tuesday of the month at (2pm). Barbara Donohue has graciously agreed to head this activity. Come and view movies in the comfort of the Senior Center and friends! April's movie is “Donovan's Reef” starring John Wayne.

OUT TO LUNCH: “Out To Lunch” is held the first Tuesday of the month at (1pm). Come join us as we frequent local restaurants in the area. Sign-up is required. Van service is available.

April 6, 2010: Cracker Barrel Restaurant, East Windsor, CT

May 4, 2010: Olive Garden Restaurant, Enfield, CT

APRIL PROGRAMS: All programs require a sign-up. Call the Senior Center at (860)870-3133

Coping With Change and Loss – Wednesday, April 7, 2010 (2pm). Presentation by Joanne Cohen, MSW, LCSW. *This program is to be held in the Town Hall meeting room.*

Budgets – Tuesday, April 13, 2010 (12:30pm). Presentation by Gary Evans. “Where does your money go?” This is a Lunch & Learn Program. Lunch is served at (12:30pm). Presentation begins at (1pm). This program is brought to you by Anna Turner, Elderly Outreach Social Worker and The Ellington Senior Center.

Angel Food Presentation – Monday, April 26, 2010 (2pm). Presentation by Joanne Fournier from the Cornerstone Foundation, promoting “Angel Food Ministries”. *Raffle* ~ if you win, you will take home 10 frozen individual dinners. This program is brought to you by the Town of Ellington Human Services Department.

Parkinson Support Group – Meets at the Ellington Senior Center the 3rd Friday of every month at (10am). Join us for support, conversation, education and refreshments! For more information contact Anna Turner at (860)870-3131. April’s meeting is to be held on Friday, April 23, 2010. Dr. Demarcaida of TEVA will present. A light lunch will be provided.

The Scooter Store – Thursday, April 29, 2010. Presentation by Jim Barakos, of the Scooter Store. He will be sharing information and demonstrating the use of a scooter and/or other power chairs. This is a Lunch & Learn Program. Lunch is served at (12:30pm). Presentation begins at (1pm). This program is brought to you by Anna Turner, Elderly Outreach Social Worker and The Ellington Senior Center.

SEW & SO/CRAFTS: Meets every Thursday morning at (9:30am) in the main room of the Senior Center.

SHUFFLEBOARD: Every Wednesday at (2pm). Shuffleboard is played in the main room of the Senior Center. This is a very active and fun group of people. We continue to love to hear the laughter coming from this group. Van service is available.

TRIPS: WELCOME ANN HARFORD! Ann is our new “Trip Coordinator” at the Ellington Senior Center. We are pleased to welcome Ann on board. Follow upcoming trips via our newsletter and/or publications in local newspapers.

Here we go!!!! On Sunday, May 23, 2010 we are going to be a part of Post Road Tours New York’s Ultimate Dining Cruise” via an all-glass vessel for an afternoon of splendor aboard a New York Harbor cruise; all this, while the magnificent New York skyline spreads before you. Following the cruise, time will be spent at the ever popular South Street Seaport that offers over 100 shops. The cost of this trip is \$89.00. The tour includes: motor coach transportation, a narrated harbor cruise, plated lunch served on the cruise, and shopping at South Street Seaport. **We have reserved 10 spaces for this trip.** Sign-up ASAP via the Ellington Senior Center!!!! **Pick- up will be at the Green Circle Commuter lot Vernon, CT at 7:15am.**

Another trip will take place on Wednesday, June 16, 2010 to Northwest Park and Nature Center located in Windsor, CT. They claim, “Our spring programs will bring music to your ears, sweet smells to your nose, and sights of vibrant spring colors that will be enjoyed by all!” Post Road Tours is lined up to bring participants on (2) tours. The first being “on the Trail of Spring” where you will enjoy the signs of spring with educators who will take a guided walk, then tour via silent electric carts to see birds nesting, animal homes, wildflowers and much more! The second tour will consist of “Wild Edibles, Medicinal and Useful Plants.” Explore ways in which we can use plants today and also learn many uses that they held in the past. You will take a short guided nature walk to learn how to identify and use these wild edibles, useful, and medicinal plants! Lunch will be provided by Mitchell’s Restaurant via a “box lunch”. Time remaining will be spent enjoying Blue Back Square shopping plaza in West Hartford. Cost of this trip is \$45.00. Sign-up at the Ellington Senior Center.

A travel survey is located within the newsletter. Please take the time to fill out and return so Ann will have ideas as to where you would like to go!

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at (860)875-2613

AMERICAN LEGION – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

VETERAN’S AFFAIRS – State Representative – Ted C. Graziani at (860)240-8531

